

Getting injured at work  
might cost **you** the  
perfect powder day.



**Before you hit the slopes today, be sure to:**



Eat a healthy meal,  
stay hydrated and  
have some snacks in  
your pocket for later.



Know the  
conditions and  
be aware of your  
surroundings.



Listen to your body –  
are you fit and healthy  
to ski or ride today?  
If not, tell your supervisor.



Take at least  
10 minutes to  
warm up.



Participate in Safety  
Talk meetings and keep  
your personal safety in  
mind at all times.